/132 cont./

245 differentiated: that of the fruit or sugar bananas, and that of the vegetable or mealy bananas. Both kinds are known to the Paez, to be sure, but only the vegetable bananas (tolό), whose starchy fruits must be cooked first before being eaten, like potatoes, because they are difficult to digest, are important for them, as for all tropical peoples. The fruit bananas (gnayoſts), the only bananas eaten in Europe, are seldom eaten by the Paez and generally are not cultivated. They are planted by means of slips, which in Calderas bear from the third year on and yield harvests
244 for many years. Other crops grown in the house garden and eaten from time to time are cucumbers (kambĭč or pĭna, according to the species), squash (pete), and the wild granadilla (šlāl).

b) Food Preparation

264 The Paez eat only two meals a day, the first one (kosẽ oñ) about four or five o'clock in the morning before work, and the second (fi'nz oñ) at three or four o'clock in the afternoon, after returning from work in the fields. In between, that is, while working on the often quite distant fields, coca /133/ is taken and sugar-cane juice drunk every two to three hours. The morning and evening meals do not differ in content and vary
252 little from day to day. They are cooked without meat, without
262 fat, without salt, as well as without any other seasoning. Cook-
[263] ing with fat is customary only on festive days in the festival house.
[237] On this occasion a blood sausage is made from the blood of cattle, sheep, or pigs, for which the intestines are cleaned and then cooked with blood, salt, onions, and caraway, as well as with another herb (pléo). Meat is not put into the intestines, and likewise no fat.

262 There is no desire for greater variety in food and drink. I was scarcely able to discover any individual differences in taste among the Calderun, for everyone eats everything, and they all regard beans or cabbage or both together as the best food and bean leaves as the worst.

000 /133 cont./
264 food and bean leaves as the worst. They eat together. The
[415 family sits around the fire and the woman serves. They do not,
412] however, eat out of the large cooking pot, which is usually of clay, though sometimes of aluminum, but rather the soup is dipped out with a wooden ladle into shallow bowls, from one of which the men, that is to say, the father and sons, eat, and the mother, daughters, and small children eat out of another one.
[263] Above the fire area a few small pieces of rock salt hang in a
353] small pouch or lie on a rack and are used to salt the food after it is cooked. To do this each one takes the piece of salt and holds it or puts it in his plate until the soup is sufficiently salted.

● 252 In the following, a few dishes: 1) maize flour, ground
262 on the oval or rectangular grindstone with a hand-stone, is cooked with beans and cabbage; 2) vegetable bananas with beans and arracacha; 3) green ears of maize with beans (wood ashes are added to every maize dish, in order to make the maize tender more quickly); 4) green ears of maize with white cabbage; 5) white cabbage, arracacha, and potatoes; 6) beans and vegetable bananas; 7) only beans and maize flour; 8) arracacha and beans. Eggs are either boiled hard in the shell in a pot, or the egg is beaten with a spoon in a dish, water and onions are added, and
[415] the whole is cooked. All foods are cooked in a large pot as soup; only ears of maize roasted in a bowl /Schale, "bowl, shell, husk"/ (wâts; Spanish arepa) are an exception. Meat is only boiled, never roasted; they eat the meat of cattle, sheep, and pigs, as well as poultry and guinea pigs, but not horse meat. If horses die, the carcasses are devoured by dogs.

/134/ c) Means of Enjoyment

273 The two most important pleasures for the Paez, as for the
276 cultures of the entire Andean area, are coca and chicha. Tobacco plays a subordinate role.

/176 cont./

623 himself does not punish. For this purpose four representatives of
666 the lower offices have an official whip which consists of a rod ten
696 centimeters long, with a plaited strap about 80 centimeters long.

The election itself proceeds with the introduction of the candi-
623 dates by the capitan with the question: "This one as gobernador,
624 do you want him?" And they reply: "We wish it" or "we do not
666 wish it." It was interesting to observe how, after the death of the capitan, one of his relatives, Cerbelión Guagáz, tried to be named capitan. The priest, however, insisted on an election by the village. And although he tried very hard to have Cerbelión elected, the village kept refusing him because he was too autocratic and such people are not liked. Another whom everyone would like to have as capitan is himself unwilling. "As capitan I am only the beadle of the padre," he replied to my question as to why he did not accept the choice. And he had no desire for that. He had been comisario once and gobernador once, and now he wanted peace for the rest of his life.

2) Family Organization

594 The family of the Paez is basically the patrilineal nuclear family /Kleinfamilie/ consisting of the parents and unmarried
[513] children. The latter, while they are small, sleep with the parents in the kitchen; as soon as they are larger, in a compartment in
591 another part of the house. After marriage they erect their own house.
596 It is not uncommon, however, for the married sons to live with their wives for another year or two in the house of the father, until they have enough money for a house, which will be small at first. The daughters upon marriage leave /177/ the paternal home and then live with their husbands, that is to say, at first with the parents-in-law.

354 Normally, therefore, every house has only one cooking
596 place, in which the woman of the house cooks. If a son marries,
252 a new kitchen is partitioned off and a second place built for the
[462] fire at which the young wife cooks. As a matter of principle, each married couple -- and it alone -- has its own fire area, for the wife is always responsible for the food. Men do not cook.

/191 cont./

584 father, and the latter distributes it /192/ to everyone and gives
43/ the bringer and all those present some of his own chicha to drink. This continues all night until everyone is drunk. In the morning the daughter-in-law, along with her father-in-law, goes back to the house of the latter, and from then on she lives with her husband until the wedding.

60d In case the father of the girl should not be satisfied with the
585 young man as a son-in-law, he would still not take any practical action against this union of his daughter, since he does not have to pay a dowry anyway. Besides, once children arrive, the
[591] parents are always satisfied. If, conversely, the father of the young man is not satisfied with the latter's choice of a bride, he may refuse him his house. In this case the young people customarily immediately build their own house, a small one at first.

58 The wedding generally does not take place very soon after courtship among the Paez, but only after a year or more. First of all there begins a trial period, which, however, has an altogether conjugal character. During this time of "trial marriage" the housekeeping abilities of the girl are to be tested, for the latter brings into marriage no dowry of any kind from her parents or any other possessions except her clothing. Since there are no social grounds for a choice of bride in the nonstratified Paez community, and no stimulus to marry on the grounds of a large dowry or on account of the possibility of a low bride price, there are no
581 child betrothals. As bride and wife a girl has only the merit of
462 her personality and her personal capabilities. The latter have the greater weight. It is required of a woman that she be able to cook and to weave the cloth for the whole family, that she not gossip, keep the house in order, and, above all, that she be able to keep the fire going at night and prepare the meal on time in
[264] the morning. The Paez are in the habit of having their first meal
● [252] very early, at five or four o'clock in the morning, and an hour before that the woman must already begin preparing the food.
[362] Moreover, as we have seen, the walls of the house are only made
[513] of maize stalks placed side by side, and give scarcely any protection against the coolness of the night. They therefore sleep lying

1: Nachtigall--289 E-5 (1952-1953) 1955 SC15 Paez SC15

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Ill. 201. Grinding maize with the hand-grindstone.

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Ill. 202. Calderun music group.

2: Pittier de Fábrega E-4, 5 (1906) 1907
SC15 Paez SC15

FOOD. CULTIVATED AND OTHER USEFUL PLANTS

The principal food of the Paez Indians is maize, or Indian corn, of which they grow several varieties, belonging to three distinct types, namely, a sweet corn (*tšulpi*), a soft corn (*kapio*), and the common flint corn. The words *tšulpi* and *kapio* belong to the Kitšua language, a fact that points to the southern origin of these varieties. Judging from tradition, as well as from the varietal names used elsewhere in the Cauca valley, the flint corn that is grown all over the country may possibly be of northern origin. The Paez language has only one word to designate all varieties of corn, and it is interesting to note that the one now in use (*kutš* or *kukš*) is quite distinct from that employed in Castillo's time (*kokavi*). It is not unlikely that the present name was introduced by some of the tribes subsequently incorporated with the Paez.

The *tšulpi*, or sweet corn, is usually eaten roasted or boiled on the cob. Of soft corn, or *kapio*, they make a kind of dough called *χšiontš*, which is the base of several culinary preparations, among them the tortilla (*kuáts*). *Kaš* is a gruel made of black corn; *muntši*, or *matši* (the Kitšua *motc*), is prepared by shelling the kernels without disintegrating them. Last, but not least, large quantities of the grain are used in the preparation of chicha (*hcka*).

Beans are generally cultivated along with maize. I noticed two varieties — *ns kutš*, black beans, and *ns hi*, red beans. The *osgual*, cited by Castillo as special to the village of Suin, are the seeds of the *Erythrina edulis* Triana, which I collected under the name of *ns ual*; they are large, and when boiled taste almost exactly like the common horse-bean (*Faba vulgaris*).

Of scarcely less value as a food-staple are the several varieties of squashes, so generally cultivated and eaten as to have caused Castillo to express the opinion that "most of the Indians would perish should these fail in the province." The larger variety, *ápc-tots* (*Cucurbita maxima?*), is less common, and may have been introduced, although it already existed in Tierra Adentro in Castillo's time; *ápc*, the zapallo or pumpkin (*Cucurbita pepo*), is perhaps indigenous to the region, since the last native name,

/208 cont./

231 After skinning it, they quarter it following a definite
796 sequence: the lower part of the hind legs (chinda), the lower
192 part of the front legs (kuse), the upper part of the hind legs (himbé), the upper part of the front legs (pala), the tail (mens), the flesh of the neck (chikichichi), the fat (sepo), upper intestine (chunchullo), lower intestine (meto), stomach (tuchi), /209/ trachea (pechita), lungs (mechto), heart (ús), liver [827] (mechi), the gall (muahi), pancreas (shape)... They are familiar with most of the organs and their names, but not with their specific physiology.

262 Some of the pieces of meat go directly into the pan of
796 "mute," which is boiling and which the workers will eat for
252 lunch; others, to the barbecue where they will get the smoke from the kitchen.

Inside the house, in the ñuhne wala, the women grind shelled maize on two metates to make maize griddlecakes. With maize flour and water they make a dough which various women shape with their hands into circular form. In a separate kitchen, two women and two men are busy roasting them. First they let them harden on a piece of broken earthenware and then complete the cooking in the embers of the hearth. An elderly man gathers those that are cooked into a bag. Another one occupies himself with singing religious songs and praying. The maize griddlecakes are used to take care of the albacero on the following day.

796 This work is performed enthusiastically by the women.
[462] --The days of the fiesta are for talking, says one woman.
[829] --One can live through life only by getting drunk, says
[273] another.

/242 cont./

755 * 756 783 members of the family, that is to say, they do not carry the surname of those who are performing Ut ká. None of them may work, not even at making hats or pouches.

[461] The hog is skinned and washed over a hole; the hair and offal in general must fall there. When Ut ká is not being performed, the hog is skinned in a trough. Meanwhile, the curer divines as to how much meat is wanted by the souls. The latter specify the quantity, and the té eu translates it on a small stick, which is immediately passed to the slaughterers, who must cut out the pieces in accordance with this measure and put them into a pouch. The curer drinks aguardiente and also has assistants who help in perceiving the signs.

[787] [782]

[252] /243/ The women prepare the maize for "mute" /stewed corn/, make small tortillas, as many as there are souls of the dead in the family. They also prepare every kind of fruit and food, plantains, arracacha, bread, yuca, bananas, granadillas, cucumbers, maize, eggs, meats, etc., to protect them against the ptans. They put a little piece of the foods into the pouch.

[262]

755 * 756 783 532 They also prepare some wooden dolls, in a number equal to that of the dead. They dress them like Indians: hat, poncho, trousers, shirt. About 40 meters from the house they dig a grave just as they do to bury the dead: a rectangular cavity with a lateral chamber. The curer weighs out two eggs of coca, picks up two cigars and a bottle of aguardiente. At about eight at night all those from the family leave, except those who are not. The cleansing is about to be performed. Then black clouds, like balls, gather. The curer blows remedies toward them. After two hours, the clouds go toward the left, clearing the horizon and leaving the stars visible in the immensity of space. The curer proceeds with the burial. In the lateral chamber of the tomb he places the dolls (representations of the souls) and a candle of laurel wax, after blowing the remedies at them. He closes up the chamber with a stone and then puts in the glowworms and the pouch of food.

* [i.e. the family members--Analyst]

/322 cont./

231 arracacha. Dogs, cats, and pigs live, the first on kitchen refuse, the second by hunting mice, and the last on grasses and roots from the thickets. They are not familiar with breeds of cattle, hogs, and sheep. Only the guinea pig is regarded as American, while the other animals are said to be genuinely Spanish.

[236] Sheep seem to have emotional value because they provide the wool for people's clothing. They are kept with affection and rarely sold or eaten.

Dogs also seem to have emotional value because of being the guardian of the houses and fields. In addition, they have symbolic value: they are the iron curtain, the protective barrier against the dark memory of the Pijao. If the latter were to reappear again, the natives argue, they would not be able to approach /323/ the houses, because dogs live there, which would inspire fear in the Pijao, for they are so dangerous for them that mere contact with their footprints or their hair would kill them. In the legends and tales there is frequent reference to these defensive concepts. [552] [685] The dogs have special names: Guagfs (white), kuchi (black), salgento, pitín, policía. Dogs that eat sheep are invariably killed with a shotgun without previous consultation with the owner.

[282] [252] [782] [755] Guinea pigs are the favorite food of children. They kill them by strangling them and eat them boiled. These animals are not used as offerings to the Duende. Nor do they serve as presents for friends or relatives. They are also used to combat mental illness by covering the patient's forehead with the entrails of the still living animal.

235 [554] [262] They "cuidan" /show special attention/ to favorite persons with chickens and eggs. They have mingas with turkeys. Eggs are consumed, but in general they are sold.

[432] They use the honey and the wax from the hives of wild bees.

222 237 [757] The honey, they say, is good for persons who suffer from "cold." With the wax they soften hide lassos, and they occasionally use it for illumination. Domestic hives do not exist.

231 Wild animals, such as parrots, chicaos /a kind of bird/, squirrels, and micos, are never domesticated.

/326 cont./

262 [252] The chachafruto (fisual), a leguminous plant that bears rather sweet fruits which are eaten merely boiled in water, readily grows in the stubble and thickets; this is a favorite food of children. It bears fruit during the months of August and September. They also gather mushrooms (kalaguai), orejas de palo /literally, ears of wood/ (kallumbo) that grow round and white on rotting trunks, frijol /327/ cacha (us tape) that abounds in thickets, moras (sutsion) and the ground cherries (chimbú) that grow in profusion in the maize fields and with which they make cakes or tamales and mush /mazamorra/ mixed with ground maize. Likewise, they gather wild granadillas (shial).

224 [48] [709] Hunting is of minor importance among the Páez. Shotguns and dogs are needed. Authentic lovers of hunting are few, and there are no magical rites or ceremonies connected with it.

Hunting is most frequently done to protect the plantings or the herds. We have seen that the enemies of maize are coatis, guaras, squirrels, and birds. The chickens are attacked by wolf-dogs. On the savannas of the Paramo de Moras bears are the most common enemies of the herds.

[237] In Calderas, the hunters customarily keep the skulls of the captured booty inside the house, on one of the wall posts. In one of them we counted five coati skulls, two from guaras, and one from a wolf. Hunting is done on Sundays and at any time of the year. They go to selected locations with dogs, shotguns, and provisions. The dog raises the game and the men wait in strategic spots, with their shotguns ready to shoot it. If the shot misses, they set out after the game on a fast run. When they hunt deer, they have a minga. For the hunting of guaras they use traps consisting of nets which they place at the exit of the haunts of these animals. Bats are hunted with bags. As soon as they fall, they [24] [252] are kicked to death, for these animals easily break out of bags. They are eaten roasted. Armadillo meat is rather favored. 223 [411] Sparrow hawks are hunted with blowguns. "The Indians are poor" -- says an informant from Calderas -- "and for this reason they make blowguns and hunt birds. God made the birds so that the poor would eat them and not steal." Wild pigeons are hunted on the ridges by means of traps that are well concealed. Chamones,

/348 cont./

262 Maize is the species most intensively cultivated, the one of major consumption and the one that satisfies the most psychologically. We have already seen the case of the "hambruna" /extreme hunger/ in Mosoco, where, in spite of the harvest of other produce, it seems to be precisely because there is no [252] maize. With maize they make mote, griddlecakes /arepas/, tamales /envueltos/, and "sango" a maize soup/, in addition to eating it toasted or roasted when it is tender.

252 Mote is practically the raw material of the daily foods.
262 It is obtained by boiling the maize in water and ashes until the cuticle is completely loose and then washing it in an abundance of water. This mote is put on to boil, and when it has gone through three "boilings," that is to say, the water has been changed three times, one tosses into it first dry frijoles, then plantains, manioc, arracacha, /349/ cabbages, and meat if [263] there is any, and lastly onions, cumin, and saffron. Salt, which is always preferred in grains or lumps, is put in by each individual, who takes the grain and mixes it into his own dish until he thinks that he has enough. They do not eat food highly salted. This kind of food is a "pot-au-feu," the one most widespread among the people and the one which they eat daily. The informants consider it "delicious."

The griddlecakes /arepas/ are made with dry or tender maize. With the first, they skin the maize in ashes and then they grind it not too fine; the resulting flour is mixed with boiling water and ground once more, this time very fine. With this mass the women make large, round griddlecakes, harden them on a heated piece of earthenware, and finish roasting them in the embers of the hearth. These are the griddlecakes of the religious fiestas of Calderas. When they want the griddlecakes to have "a good taste," they put in salt, onions, or coriander (in Mosoco we have seen that they put in eggs); these are griddlecakes for family consumption. To make griddlecakes from roasting ears, they shell the ear, grind the mass well, and, without any kind of condiments, they make the griddlecakes and harden and roast them in the familiar form. The frequency of

/349 cont./

252 consumption of griddlecakes is low in most of the parcialidades,
262 but in Mosoco it is almost daily. These natives take their coffee
[272] and milk with griddlecakes, which are good substitutes for bread.

The "envueltos" or cakes are made when there are roasting ears. Shelled, ground, and unsifted, the small masses extend along the husks of the same ear, removed carefully by cutting
[263] off with a knife the thicker part of the ear. No condiment of any kind is put in because the roasting ear in itself has "good flavor." The envueltos, once cooked, are eaten with sancocho /a stew/. They say that it is a "very tasty" dish. Ordinarily, when they make envueltos they kill a pig or chickens and invite relatives to eat them. The eating of envueltos is implicitly associated with the start of the maize harvest, in which the local curer plays a part.

"Sango" is based on finely ground and unsifted maize flour, which is put in the pot when the frijoles are sufficiently cooked. They make sure that the soup does not thicken too much. They also add to this dish chopped cabbage, onions, or coriander for "flavor."

Frijoles are very necessary, very tasty, and the most common food; /350/ mote without frijoles is not tasty; frijoles have flavor and the 'cacha' are the tastiest, and especially green, the (tender) little things are eaten with the shell," says an informant from Calderas.

Frijoles are eaten in sancocho. When the frijoles are cooked sufficiently, one adds plantains peeled and in pieces, arracacha peeled, washed, and cut up, manioc prepared like the arracacha, chopped onions, and saffron. Meat or lard is added if they have any. This dish is said to be "tasty." Frijoles are also eaten mixed with mejicano /squash, Cucurbita pepo/. The beans are boiled first, and when they are thought to be sufficiently cooked the finely chopped mejicano is added and, much later, ground maize. When all this is cooked, they eat it without salt, saying that it is as tasty as the rice with milk of the "whites." They also eat mejicano with well-cooked mote and frijoles, and it is very tasty if cows' feet are added to it.

/350 cont./

252 262 244 [796] Cabbages are cultivated in the gardens and are almost never lacking throughout the year; they are eaten daily, chopped into the dish of the day. At religious fiestas it is customary to cook the cabbages "on the bough," that is to say, with their respective stalks, and serve them as a special dish. White cabbage is seldom cultivated and thus its consumption is almost null. The few heads grown in the cold part of San Andrés are intended for sale.

252 262 Plantains are eaten preferably in sancocho, and their consumption is intensive in the temperate climate. They are also eaten roasted, in which case they are preferred with meat or entrails. Potatoes, especially in Mosoco, are eaten with gravy, a favorite dish for entertaining "white" or civilized visitors. This dish is prepared with water, milk, eggs, onions, and meat. The potatoes are peeled and washed well. In Calderas they are also eaten in this fashion, but frijoles are added to them as well.

In general wheat is cultivated to be milled and sold. Sometimes it is eaten in griddlecakes, in which case the dough is prepared with water and panela. They also make soup with wheat flour, without removing the bran, with cabbages, frijoles, and salt.

Sweet potatoes are consumed in small quantities. They are washed, cooked, and eaten without salt and with peppers. They prepare peppers by cooking them in a pot (a bag, said the informant) and adding onions, coriander, and salt. This condiment thickens and keeps for about a month.

Chachafruto is cooked with frijoles or in the soup, but it is also eaten by itself and skinned. It is very tasty.

273 [249] /351/ Sugar cane serves solely for extracting the juice and fermenting it. With the guarapo, thirst is quenched, mingas are held, "courtesies" are shown, religious fiestas and social life in general are carried on. From cane juice, duly fermented, alcoholic beverages are also extracted. They make chicha from maize, but this is not prevalent.

/351 cont./

273 The maize is ground, and they cook the flour with plenty of water; this liquid is removed and put in a trough to ferment [272] for several days, adding panela to it. It is said that this chicha is tastier than guarapo, but that it does not inebriate and does not work satisfactorily; it serves only to quench thirst, like the "cola" (carbonated drink) of the "whites."

262 Peaches and apples are eaten in the regions where they are produced, and oranges as well, but in general the consumption of fruit is very low.

252 262 Guinea pigs are eaten when the family wants meat. They kill them by breaking their necks; then they wet them with cold water and put them in the embers of the fire in order to loosen the hide and skin them; they are washed, the entrails are removed, they are washed again, and then they are cooked in the pot of sancocho, mote, "sango," or maize-ball soup; some people eat the entrails, while others do not. The guinea pig is regarded as "tasty."

With chicken special attention is shown to favorite friends and to compadres, and mingas are held. At the fiesta of San Juan in Calderas, it is customary to eat chicken. After being plucked, the entrails are removed, it is washed, and it is cooked in the pot of sancocho or mote. The natives regard the leg as the best piece, and for this reason this is what they present to the elders (compadres, fathers, eldest sons); to the others they give a piece of breast or any other part. The head goes to the owner. The washed and cooked entrails are also distributed among all present. Turkeys and ducks are prepared and consumed in the same manner.

From the pig some organs are eaten roasted: pancreas, kidneys, intestines, and the meat of the backbone; the bacon 262 is kept to flavor food; the rest is eaten boiled. When a pig is killed out of the mere desire to use the meat, portions are distributed to the "elders" of the family (fathers-in-law, fathers, etc.), and the same thing is done when cattle is slaughtered. [237] From them they use the meat, the hide, and the horns for making [534] whistles which are blown when a house is being built in the [342] [334]

/353 cont./

262 The Indians like meat, but they state that they eat any type of food; they believe that the "whites" eat better, because the Indians cannot eat meat every day nor spend money on lard or meat. They only eat the produce that they cultivated.

264 The Indians have two meals a day: one at dawn and the other one in the afternoon when the sun is setting. The women and children have one meal at midday, from what was left over from the morning. The principal and large meal is cooked at night. Before lying down the women hang from a wooden or iron hook, or from a wire, the pot with mote or frijoles and stir up the fire at least three times during the night; at four in the morning they add the easily cooked products and eat at the first light of day.

574 The natives are generous and hospitable among themselves;
262 no sooner does a visitor enter a home than they offer him whatever they have available: chicha or food.

177 /354/ In the parcialidad of Mosoco, which is undergoing
262 complete acculturation, the diet is changing visibly and the
264 eating hours have changed fundamentally. Coffee, panela, bacon, meat, and maize griddlecakes are consumed regularly.

Trading

43 Except for the parcialidad of Mosoco, the natives produce primarily for internal consumption; but the self-provisioning is insufficient, for they suffer a few months of scarcity. As a result, trading must necessarily be restricted and scanty. In Calderas, Suin, and Chinas, animals are ordinarily exchanged, large, fat cows being surrendered for smaller, thin, fertile heifers and a few pesos besides. We have already referred to this extensively in discussing the livestock. We have also seen how the only industry intended exclusively for trade, that of laurel wax, was a patrimony of San Andrés, Calderas, Tumbichukue, Lame, Suin, and Chinas, and that the drop in price was a fatal blow for the industry. Thus, aside from coffee, potatoes, wheat, and garlic, which are intended almost entirely for trade, nothing remains but small amounts of manioc, arracacha, plantains,

T:Hernández de Alba E-54(no date) 1946 SC15 Paez SC15
Moguex

SUBSISTENCE ACTIVITIES

241 [478] [433] [273] **Farming.**—The main subsistence of these tribes was and still is based on the cultivation of potatoes, which grow in great quantities in the higher portions of the territory known as Tierradentro, and maize, which is acclimated to the temperate and cold zones. There are three varieties of maize: sweet, soft, and hard. Additional crops were and are yuca or manioc, sweet potatoes, auyamas, ullucos, purutos, frijoles, arracacha, and various other vegetables, and a variety of fruits, including bananas, guayavas, avocados, papayas, pineapples, and passion fruit. Today the *Páez* and *Moguex* are beginning to grow wheat, coffee, which is an important item in their economy, and sugarcane, from which is made a coarse sugar and molasses for their fermented drink, guarapo.

241 476 [782] [273] The men and women of each family generally cultivate the family plot, but for large-scale maize or coffee planting, and for cultivation of the lands of the Church or saint, they work communally, and have meetings called "mingas." Communal work for any particular individual is truly loaned labor, with obligatory recompense. The beneficiary must feed his helpers, generally sacrificing a pig and preparing great quantities of chicha for the libations and nocturnal dances after the work. All adults must participate in working the Church lands, but each brings his own food.

241 412 407 492 Implements of cultivation are the digging stick, or macana, for making holes for planting, machetes and axes for destroying vegetation, and picks and shovels for removing earth, except where replaced by plows pulled by animal traction.

231 [177] **Domesticated animals.**—Domesticated animals include chickens, turkeys, some pigs, dogs, and a few horses and cows. All but the turkeys are of European origin. These animals are rarely sold or killed for food, except for feast days, magical ceremonies, meetings, and visits of relatives, friends or distinguished White men. But sometimes the Indians buy meat in the weekly market and hang it over the hearth, where it is preserved by the smoke.

[43] [25] 574 431 A custom which has persisted since the beginning of the Colonial Period is that of always giving a guest the "camarico" or "cariño" (affection), a present varying from an egg to a chicken, together with some potatoes, vegetables, and coffee beans.

262 136 231 Formerly, meat was obtained from wild rather than domesticated animals—boars (zaínos), guaras, guatines, birds, and guinea pigs, the last being true domesticated animals kept in some numbers in the native houses.

252 [415] [177] **Food preparation.**—Food was cooked in pottery ollas, but metal and enamel ware is now often used. The *Páez* make "mute," a soup of boiled maize, cabbage, squash, and potatoes, and "cocido," a soup

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of manioc, arracacha, potatoes, beans, sweet maize, and pieces of meat. Meat is sometimes roasted. Maize, the staple, is made into tortillas or soup, or is roasted on the ear. Coffee, much of which is consumed, is roasted in a pottery vessel, ground, and made into an infusion sweetened with coarse sugar.

Kitchen utensils include pottery ollas and vessels, and a footless elliptical stone metate with a central concavity, which lies directly on the floor or is supported on sticks driven in the soil. Meat is kept smoked over the fireplace, and other food is stored on shelves of cane woven into the roof sticks or in hanging hemp bags or gourds. Each gourd has a broad half-gourd suspended above it, open side down, so that a rat descending from above slides off the gourd onto the floor.

The first daily meal is taken at daybreak and consists of "mute." There is no noonday meal, but the evening repast resembles breakfast. Between meals, the Indians chew coca two or three times to sustain their strength and allay hunger. For refreshment and stimulation, they drink guarapo, carrying it to work in gourds.

They cultivate pepper (ají) for a condiment, but purchase salt in the weekly market. The latter is so scarce that instead of mixing it with food they pass a lump around, each person licking it. Before the Conquest, three salt deposits were exploited in this territory, the most important being that near the modern municipality of Belalcázar or Páez. Here the local chief had the salt water boiled down to obtain blocks of salt, which he traded with other tribes for diverse products, or with which he bought help in his wars against the neighboring *Pijao*. Sometimes he permitted other *Páez* to exploit the deposit. Near the present-day Indian center of Ricaurte on the Ullucos River is another salt works that was much used in ancient times, but today is abandoned. Another source of salt was at Huila, where, during the Conquest, the Indians ambushed the Spaniards who sought it, and killed their horses.

HOUSES AND VILLAGES

Each *Páez* and *Moguex* family has its own house, located on a point or flat place in the mountains some distance from its neighbors. The aboriginal house seems to have been rectangular, which still is the only form. It was so lightly constructed of cane and sticks with thatched roof that the Spanish soldiers during the foundation of San Vicente de Páez "carried some Indian houses to their barracks because they were small and suited to it" (Aguado, 1931, vol. 3, book 16, ch. 9). Some distance from the dwelling, they always built a small woman's house. Under Spanish influence, some houses were divided into rooms, and built more solidly of "bahareque" construction, i. e., walls consisting of two faces of sticks with mud and rocks between (pl. 185).